ABSTRACT

A substrate is provided herein for supporting at least one optical fiber, and preferably a plurality of parallel optical fibers. The substrate includes a base substrate of a suitable material a longitudinally-extending strain-relief area at one end thereof along a longitudinal axis thereof at least one longitudinally-extending groove, and preferably a plurality of parallel grooves, along the longitudinally-extending axis, and abutting the strain-relief area and a first and optionally also a second transversely-extending trench across the substrate. Two such substrates may provide a bottom plate and a top plate, which are superposed to provide a precursor sandwich which supports one or more optical fibers. The precursor sandwich comprises the top plate which is superposed over the bottom plate, with one or more optical fibers therebetween in the strain-relief area, and with one or more bare exposed optical fibers in the longitudinally-extending groove or grooves. Further, a minor section of the top plate and the bottom plate of the precursor sandwich have been glued together. This precursor sandwich can be further processed to provide useful half-sandwiches and full sandwiches.